

**INSIDE** THE WORLD OF A NAVY WRESTLER



JULY 2005

# AIH HANDS

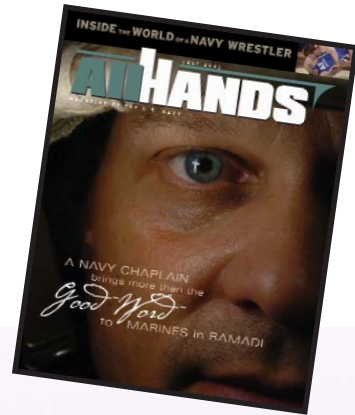
MAGAZINE OF THE U.S. NAVY

**A NAVY CHAPLAIN brings**

**Services in**

**The Sand**

**to MARINES in RAMADI**



[Number 1059]

ALL HANDS

## 22 Clearing the Water

# July

## [Features]

### [On the Front Cover]

Navy Chaplain LT Marc Diconti, keeps the Marines in Ramadi, Iraq, in the fight by keeping their minds clear and focused.

Photo by PH1(AW) Shane T. McCoy

### [Next Month]

The Sailors on the oil platforms in Iraq talk to *All Hands* about what's changed since the start of the War on Terrorism.

## [Departments]

Around the Fleet — 8

Focus on Service — 38

The Final Word — 40

*Foal Eagle '05*, an annual combined defensive field training exercise demonstrates the U.S. and Republic of Korea (ROK) forces' ability to defend South Korea against invading special forces, commando attacks or sabotage operations on the peninsula, and provides the perfect opportunity for MDSU and ROK divers to work on their new expeditionary role.

## 14 Services in the Sand

Depending on the day, you will find Navy Chaplain LT Marc Diconti and Religious Program Specialist 2nd Class James Morales at any one of three bases in Iraq – Camp Ramadi, Hurricane Point or Snake Pit. Their mission is to provide spiritual and relationship guidance in any way they can.



Photo by PH3 Todd Frantom

## 30 The Discipline

Whether on the mat or on the ship, the Navy Wrestling Team's warrior mentality and combative spirit forces wrestlers to accept that their fate lies in their own hands, or in this case their weight.



Photo by JO1 (SW) Hendrick L. Dickson

# Speaking with Sailors

Master Chief Petty Officer of the Navy  
MCPON (SS/AW) Terry D. Scott

**O**n a recent visit to the Sailors stationed in Guam, I touched on the Navy's Physical Readiness Program and would like to share with you some of the points I made during that discussion.

We need well-trained and educated Sailors who are healthy and physically fit to do the job to the best of their ability. I take great pride in the health and fitness of our force, and the Navy is serious about taking action to ensure we maintain a strong and energetic force. If we are expected to capitalize on the awesome technological advantage we enjoy, we will depend on the talent and creativity of every member in the Navy.

To reach that goal of healthy lifestyles across the board, I want to strive for and maintain a culture of fitness in our Navy. The proposed Physical Readiness Program instruction currently under review will help us define a culture of fitness for the Navy. While the established standards for body composition and performance on the semi-annual test most likely will be retained, meeting these standards is just the start.

The goal of the Navy is that everyone from the highest-ranking admiral to the newest seaman recruit is motivated to adopt a personal plan to get fit, stay fit and set an example of physical readiness others want to follow. It's important that we all do so. We simply cannot afford to

have a Navy that isn't 100 percent lean, fit and ready to take the fight to our enemies at a moment's notice. That means it's imperative to build and maintain this culture of fitness, where every Sailor meets the challenge of staying fit.

The Navy's desire is that our leadership, especially chief petty officers, takes charge at every level of the Navy to set a strong example and make it clear how important fitness is to individuals, command mission performance, and ultimately, our ability to defend our nation.

The Navy provides a wealth of information on physical fitness and advice on living a healthy lifestyle. On the Navy Personnel Command Web site, you will find links that offer helpful exercise tips and ideas as well as an informal calculator to measure your progress in improving your body composition score.

Regardless of the specific improvements to the Physical Readiness Program instruction, building a culture of fitness

means promoting physical conditioning and commitment to a healthy lifestyle well beyond preparation for the semi-annual test. Just as it is important to set aside part of the day to work on training and qualifications, the Navy wants the same dedication in making time to work out, eat properly and be healthy.

Sailors must be ready to meet the demands of performing in a tactical environment, and physical readiness is a crucial link to success in the challenges the Navy faces today, and will face in the future.

We need healthy and physically fit young men and women who serve our Navy and are ready to meet the challenge any time the nation calls.

For more information, visit: [www.npc.navy.mil/CommandSupport/PhysicalReadiness](http://www.npc.navy.mil/CommandSupport/PhysicalReadiness)

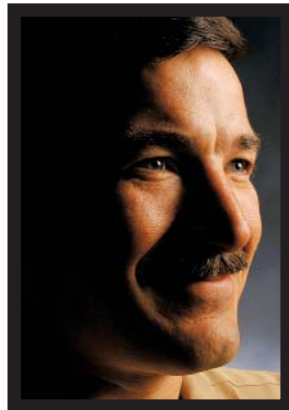


Photo by JO1 Preston Keres

**Speaking with Sailors** is a monthly column initiated by the Master Chief Petty Officer of the Navy as a way of reaching out to the men and women of the fleet, whether they are stationed just down the road or halfway around the world.

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## ...when you volun-

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at [www.mwr.navy.mil/ncsp/index.htm](http://www.mwr.navy.mil/ncsp/index.htm)**

► “Big Brother” HT3 (DSW) Teague  
Mangiaracina and his “Little Brother” Alex.



## Navy Releases Latest Selective Reenlistment Bonus Award Levels

**T**he Navy had good news for Sailors as it released the latest Selective Reenlistment Bonus (SRB) award levels in a naval message, effective April 15 for eligible Sailors reenlisting in Zones A, B or C.

This means more money in the pockets of Sailors with vital skills that the Navy needs to retain.

"Using current market analysis allows us to be more responsive to fleet requirements and trends in near real time," said LCDR Rich Obregon, head of enlisted bonus programs for the Chief of Naval Personnel in Arlington, Va. "As a result, we can update the SRB award levels more quickly and provide valuable incentives for our critical Sailors to stay Navy."

The multiples for 21 ratings in one or more zones increased over the previously published levels. Only conventional submarine electronics technicians with specialties in communication and navigation dropped from the previous SRB message released in February; affected Sailors have a 30-day grace period to reenlist at the old, higher rate. The decreases went into effect May 16.

There are seven ratings that now have an SRB in certain zones where previously none existed: aerographer's mate (AG) Zone A; boatswain's mate (BM) Zones A and B; disbursing clerk (DK) Zones A, B and C; dental technicians (DT) holding naval enlisted classification (NEC) code 8752 (dental laboratory technician) in Zones B and C; electrician's mate (EM) Zone A; interior commu-

nications electrician (IC) Zone A; and torpedoman's mate (TM) Zones A, B and C.

Also announced in this message is the elevation of the ceiling limit, from \$45,000 to \$60,000, on Zone A nuclear ratings, as well as cryptologic technicians (interpretive) (CTI) holding the 9211 (basic Mandarin Chinese linguist) or 9216 (basic Arabic linguist) NEC.

For more information, contact your command career counselor or view NAVADMIN 070/05 online at [www.npc.navy.mil/ReferenceLibrary/Messages/NAVAADMINs/](http://www.npc.navy.mil/ReferenceLibrary/Messages/NAVAADMINs/).

*Story by LT Kyle Raines, a public affairs officer assigned to the Chief of Naval Personnel, Washington, D.C.*

### Navy Looking for Sailors to Serve as Recruit Division Commanders

**T**he Navy is looking for motivated, career-minded Sailors to shape the future of the fleet by serving as Recruit Division Commanders (RDC) at Great Lakes, Ill.

RDCs are also known around



Photo by PHAN JANICE KREISHER.

**Steve Hatchett**, measures the wind speed and direction, on the signal bridge aboard USS *George Washington* (CVN 73).

the fleet as "red ropes" and are entrusted with the job of encouraging, training, molding, and teaching civilian men and women and, most importantly, transforming them into Sailors.

"We prepare Sailors for service in the fleet," said RDC Cryptologic Technician (Technical) 1st Class (SW/AW) Thomas Dahlinghaus. "The job gives us the rare opportunity to have responsibility for and authority over 88 Sailors. We manage their training, their lives. By the time we go back to the fleet, we're ready for anything. It's a broadening experience, a time of real personal growth for RDCs."

To be an RDC, a Sailor must be a warfare-qualified E-5 or above (E-5s must meet time-in-rate requirements) and be interviewed by a panel of one command

master chief and two other senior enlisted personnel.

The training of RDCs is extensive. RDCs in training take a second trip through boot camp during a demanding 13-week training program that includes indoctrination, drilling, administration, physical training and leadership training. During this time, prospective RDCs wear "blue ropes," which they will later exchange for the more familiar red aiguillette of a fully trained RDC.

According to RDC Chief Hospital Corpsman Marsha Burmeister. "Those 13 weeks [give] them the tools they'll need on that first push."

Even after RDCs earn their red rope and the Recruit Division Commander badge, the training is not done. New RDCs are

paired up with veteran RDCs, allowing time to fully learn what is expected before taking control of their first recruit division.

One of the best job rewards is increased promotion opportunity. Last year, the Navywide average for eligible candidates being selected for chief was 20.4 percent. The average for eligible candidates serving as RDCs was 32.8 percent.

Storekeeper 1st Class (AW) Jose Rodriguez added that the job is extremely rewarding because RDCs also get to see the result of their efforts.

"[Recruits] see the self respect they have gained," Rodriguez said. "When they finish Battle Stations, they're considered one of us. You see the tears and you know how much it means to them. After all the hours that you put in, it all comes together."

RDCs can earn the Master Training Specialist (MTS) designation. This Naval Education Training Center-sponsored program recognizes outstanding instructors who demonstrate a high level of excellence in the field of education and training. The Navy offers several types of compensation to RDCs for their efforts. RDCs receive Special

Duty Assignment Pay of \$375 per month, and they receive a \$225 clothing allowance on top of their regular clothing allowance. They get head-of-the-line privileges for housing and day care, free dry cleaning for three uniforms each week, and are offered "choice of coast" when negotiating for their follow-on orders.

Aviation Boatswain's Mate (Handler) 1st Class (SW/AW) Maguel Lashoun Brooks appreciates those tangible benefits but said the real payoff of being an RDC is seeing the impact they make on the lives of new Sailors.

"They look at you as a hero, father and a role model," he said. "I am proud to know I am giving back to the Navy. I've contributed something to my service, and I'd want to serve with any of the Sailors I've trained."

For more information about becoming an RDC, visit your command career counselor. Details may also be found at [www.nsgreatlakes.navy.mil/rtc.htm](http://www.nsgreatlakes.navy.mil/rtc.htm) or MILPERSMAN 1306-954.

*Story by JOC Bruce Moody, a journalist assigned to the public affairs office, Naval Service Training Command, Great Lakes, Ill.*

### Hospital Corpsman 1st Class (DSW/PJ) Thomas R. Harris

was recently named Sailor of the Year for Naval Education and Training Command, Naval Air Station Pensacola, Fla. Harris, assigned to the Pearl Harbor detachment of the Center For Explosive Ordnance Disposal and Diving, serves as the center's leading petty officer, lead instructor and a first class diver. He is also very involved with and dedicated to mentoring America's youth.



### Navy Announces New Combat Meritorious Advancement Program

**T**he newly-established Combat Meritorious Advancement Program provides commanders the opportunity to advance junior enlisted Sailors who display uncommon valor and extraordinary leadership while engaged in, or in direct support of, combat operations.

"Our nation and our Navy are at war; this program recognizes and rewards those who have excelled in combat, the crucible

of leadership," said VADM Gerry Hoewing, Chief of Naval Personnel (CNP). "Most importantly, this recognition will come from commanders who are directly engaged in taking the fight to the enemy in combat."

Commander, U.S. Naval Forces Central Command; Commander, Naval Special Warfare Command; and Commander, U.S. Marine Forces Central Command have been designated as final approval authority for the commands and units assigned to their respective area of responsibility. CNP has the authority to advance Sailors who meet the criteria under this program but are attached to other commands.

*continued on page 9*

### Ricky's Tour

By J01 Mike Jones

[www.rickystour.com](http://www.rickystour.com)



# Around the Fleet



▼ LCDR Stephen Ferrara, head of the Radiology Department aboard the hospital ship USNS *Mercy* (T-AH 19) carries an East Timorese man aboard *Mercy* for treatment while the ship is off the coast of Dili, East Timor.

Photo by JO3 Isaac Needleman



▲ AD3 Jesse L. Alvarado ensures the tail hook of an F-14D *Tomcat*, assigned to Fighter Squadron (VF) 31, is properly seated during his pre-launch checks aboard USS *Theodore Roosevelt* (CVN 71).

Photo by PH1 James E. Foehl

▼ Beach Master, SN Beth Noel, signals a Landing Craft, Air Cushion (LCAC), to leave the beach at Onslow Bay, N.C. LCACs assigned to Assault Craft Unit (ACU) 4, are transporting Marines and equipment to the amphibious assault ship USS *Kearsarge* (LHD 3).

Photo by PHAN Christopher J. Newsome



▲ CAPT Bruce Biermann, a dentist assigned to the Portland, Ore., Navy and Marine Corps Reserve Center, reviews the dental records of an Old Harbor resident in Kodiak, Alaska, before beginning dental work on the patient's teeth. Biermann is participating in *Arctic Care 2005*, a multi-service medical readiness and logistics training exercise that supports 13 Alaskan native villages.

U.S. Air Force photo by Tech. Sgt. Keith Brown

To be considered for the "Around the Fleet" section, forward your **high resolution (5" x 7" at 300 dpi) images** with full credit and outline information, including **full name, rank and duty station** to:

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*continued from page 7*

All nominations must be submitted to the appropriate command within one year of the meritorious action or performance in combat. Meritorious action that occurred in the previous year is eligible.

While not an all-inclusive list, the following actions are examples of situations that may warrant consideration under this program:

- Sailors actively participating in ground action or operations against an armed opponent.
  - Sailors actively involved in offensive or defensive engagements against hostile seaborne watercraft, e.g., members directly involved in visit, board, search and seizure operations as part of a boarding party or defense of an offshore oil facility.
  - Active participation in ordnance clearing, removal or render-safe operations.
  - Active involvement in anti-terrorism/force protection missions where armed engagement with an opposing force occurs.
- More information on the Combat Meritorious Advancement Program, including specific eligibility requirements, can be found in Naval Administrative Message 077/05 at [www.bupers.navy.mil/navadmin/navo5/navo5077.txt](http://www.bupers.navy.mil/navadmin/navo5/navo5077.txt). ☞

*Story by LT Kyle Raines, a public affairs officer assigned to the Chief of Naval Personnel, Washington, D.C.*

## Naval Reserve Changes to Navy Reserve

President George W. Bush signed a "Memorandum for the Secretary of Defense," approving the redesignation of the United States Naval Reserve to the United States Navy Reserve.

The process and authority

to seek this change were afforded by the 2005 National Defense Authorization Act (NDAA), which requires that the President of the United States authorize the change, followed by delivery of the relevant United States Code changes to the Armed Services Committees, and finally publication of the change in the Federal Register.

VADM John G. Cotton, commander, Navy Reserve Force, recently, supported the name change when testifying before the Senate Armed Services Committee.

"Once we have become the Navy Reserve, the Chief of Naval Operations intends to promulgate guidance to "drop the R," said Cotton. "Our great Sailors have always been in the Navy ... they are the 'RE-serve' component of the greatest Navy ever. We might work just two or more days a month, but you cannot turn off the Honor, Courage and Commitment that comes with being in the Navy, 24/7/365, ready to serve."

The effective date for the change will be no earlier than 180 days from the date the required legislative changes are delivered to the Armed Services Committees. DOD and DON are preparing to implement these final steps. Official notice will be published in the Federal Register announcing the effective date of the change.

The tradition of the citizen-Sailor began June 12, 1775, and has continued to grow throughout the years. Founded March 3, 1915, the Navy's Reserve celebrated its 90th birthday this year. ☞

*Story by JOSA Quinn Whisner, a journalist assigned to the public affairs office, Commander, Naval Reserve Force, New Orleans.*

# Around the Fleet

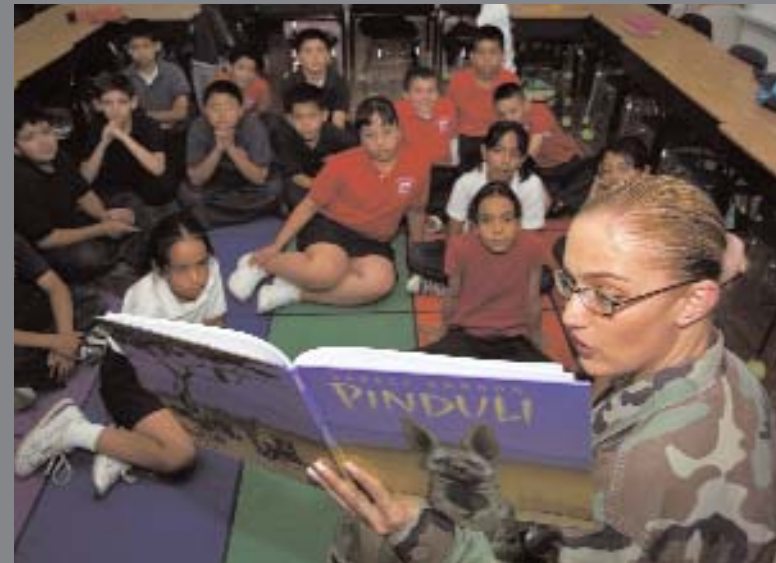
▼ QM2 Her Lee uses a flashing light to communicate with People's Liberation Army (Navy) *Luhai*-class guided-missile destroyer *Shenzhen* (DDG 167), as QMC Alphonso Chapman looks on from the bridge wing aboard USS *Blue Ridge* (LCC 19).

Photo by LCDR Tom Cotton



▼ El Paso, Texas (May 14, 2005) – PN3 Sabina Centeno reads to a fourth grade class at North Loop Elementary School in El Paso, Texas. Centeno is a Navy Reservist on Active Duty Special Work with Joint Task Force North (JTF), has been a volunteer for the reading and mentoring program for North Loop since 2001. JTF North has selected Centeno as their Volunteer of the Year.

Photo by PH1 Lou Rosales



◀ Northrop Grumman Corporation of Newport News, Va., reached a construction milestone by launching the second *Virginia*-class attack submarine, USS *Texas* (SSN 775). This is the company's first submarine launching in nearly a decade.

U.S. Navy photo by Chris Oxley



▲ AD3 Jason Novosel, left, and AD2 Oscar Perez, both assigned to Carrier Airborne Early Warning Squadron One Two Six (VAW-126), perform maintenance on one of the propellers of an E-2C *Hawkeye* on the flight deck aboard USS *Harry S. Truman* (CVN 75).

Photo by PHAN Ricardo J. Reyes

## Free Antivirus Software for Home Use Available from the Navy

Service members and authorized civilians can now get free antivirus software for home use through a program sponsored by the Navy's Information Assurance Web site.

The program hopes to reduce the number of computer virus attacks on government systems by providing antivirus protection for military personnel who use the Internet at home. The software normally retails for up to \$50 at stores throughout the country.

Sailors at Naval Station Everett, in Washington state, have positive things to say about the program.

"It's one of those little-known Navy benefits," said SN Chad Owsley, of Naval Station Everett's First Lieutenant Division. "Not many people know about it, but it will save you a lot of money and keep your computer safer, and you don't even have to pay for it. It's so easy that even someone like me who isn't a computer geek can install it without any trouble."

The program was developed by the Navy's Information Assurance Center, a division of the Space and Naval Warfare Systems Command.


DOD negotiated software licenses with three major software companies: Symantec (the maker of Norton antivirus software), McAfee and Trend Micro. These licenses include home use for all DOD employees, including military service members and authorized civilians.

Military personnel taking work home and then returning to the office with infected files had previously been identified as a primary means of entry for viruses attacking government computer systems.

The antivirus software can only be downloaded from a computer with a ".mil" or ".gov" domain address. (A small group of users with an authorized DOD "PKI" digital certificate may download the software from any computer.) Sailors then save the software to any form of portable media, such as CD, thumb drive or zip disk to bring to their home computers for installation. Most Navy and Marine Corps Intranet computers include a CD burner, and all have USB ports for attaching some form of portable drive.

The Infosec Web site at <https://infosec.navy.mil> has complete instructions that guide users to select the most appropriate software package. Antivirus software from all three vendors is available for nearly all versions of both Windows and Apple operating systems, as well as many other rare operating systems and handheld devices.

"It's free and easy to install," explained ET2(SW) Antonio Huerta, of Naval Station Everett's information resources management office. "The user doesn't have to worry about paying for yearly updates, either. All costs are covered by the military."

Service members and civilians who choose not to take advantage of the Navy's Information Assurance program can end up paying a lot of money for the same software at a store. In many cases, the Navy's software is a stronger "corporate" edition, which provides even better protection than the consumer versions sold at stores. 

**Story by QM2(SW) David Sturgell, assigned to the public affairs office, Naval Station Everett, Wash.**

# Around the Fleet

► During USS *Vincennes*' (CG 49) last port visit before her decommissioning in San Diego, Sailors heave the lines as they prepare to moor the ship in Pearl Harbor.

Photo by PH3 Ian W. Anderson



▼ Potts Dam, Papua New Guinea (May 18, 2005) – HN Jessica Mayer of Mariss, Ill., preps a syringe filled with measles, mumps and rubella vaccination before injecting a local woman the local village of Potts Dam. The Military Sealift Command (MSC) hospital ship USNS *Mercy* (T-AH 19) and the MSC combat stores ship USNS *Niagara Falls* (T-AFS 3) are currently station off the coast of Papua New Guinea to provide humanitarian assistance and focused medical care to the residents affected by a volcano eruption in the area.

Photo by PH3 Lamel J. Hinton



▲ AN Kiel Hahs awaits instructions regarding simulated patients during a mass casualty drill on the flight deck aboard USS *Ronald Reagan* (CVN 76). *Reagan* is currently undergoing a period of planned maintenance availability in her homeport of San Diego.

Photo by PH3 Aaron Burden

## ▼ July 1952



Crewmen of USS *Coral Sea* (CVB 43) scrub down the flight deck of the carrier while in the Mediterranean Sea.

## NEXCOM Changes the Way Service Members Phone Home

Military service members serving in select overseas locations will now have the opportunity to call home for less during certain holiday periods.

The Navy Exchange Service Command (NEXCOM) has lowered the price of phone calls to the United States from Germany, Italy, Spain, Portugal, United Kingdom (from land lines using the toll-free numbers) to just 5 cents per minute. Calls from the Netherlands and Belgium to the United States will be just 7 cents per minute during these special days.

Calls must be made using the NEX phone card, available at the Navy Exchange, to receive the lower rates.

“We know how hard it is to be stationed away from your loved ones, especially during the holidays,” said Mary Morse, personal telecommunications specialist at NEXCOM. “We wanted to make that separation a little easier by lowering the price of a phone call home. Hopefully, these lower prices will make it easier for more people to call home or to stay on the phone a little longer than normal.”

The holidays for which the lower phone rates apply are: Independence Day weekend, July 2-4; Labor Day, Sept. 5; Thanksgiving, Nov. 24; Christmas Day, Dec. 25; and New Year’s Day, Jan. 1.

### LOCAL ACCESS NUMBERS

NEXCOM has also changed the way non-holiday phone calls are made when using the NEX phone card and local access numbers.

“These local access numbers are not toll-free,” said Mary Morse, personal telecommunications specialist at NEXCOM. “Rather, customers will pay for calls to

those local access numbers based on the pricing plan subscribed with their local telecommunications provider. This allows customers to take advantage of lower rates as compared to using the toll-free number.”

The total price paid by customers for calls to the United States is the cost of the local call plus the local access rate, which is \$.03 per minute.

The local access numbers are as follows:

- Naples, Italy 081 1939 2022
- Catania, Italy 095 095 2022
- Sassari, Italy 079 940 2022
- Malaga, Spain 95 1233 943
- London, England 020 7891 9919


“Customers can use either a land line or cell phone when making calls using the local access numbers,” said Morse. “This gives our customers even more freedom when making a call home.”

In addition, the cost to call to the United States from Spain, Portugal and Belgium has been lowered. When using the toll-free access number from land lines, calls to the United States from Spain and Portugal are just \$.07 per minute, while calls from Belgium are just \$.085 per minute.

For those customers who prefer to continue to call toll-free, the numbers are as follows:

- Italy 800 991 060
- Spain 900 806 152
- United Kingdom 0808 182 7006
- Portugal 882 737 777
- Belgium 0800 70 316

*Story by Kristine M. Sturkie, a public affairs specialist assigned to Navy Exchange Service Command.*



◀ **Navy Chaplain** LT Marc Diconti performs a formal service on each base once a week. Depending on schedules and patrols, the services could be held early in the morning or late at night.

Being in a war zone is likely to make one a little more nervous.

Being in a war zone without a weapon requires the greatest faith of all. This is the circumstance for the Navy chaplains in Iraq, as they bring hope and comfort to the troops.

In the city of Ramadi, 30 miles west of Fallujah, Iraq, Marines of 2nd Battalion, 5th Marines, (2/5) 1st Marine Division are performing some of the most dangerous jobs in the world.

Story and photos by  
PH1(AW) Shane T. McCoy

# Services in The Sand

Keeping Warriors  
in the War



They are highly decorated for the work they do each day, patrolling the dangerous streets, and engaging and detaining insurgents to make the city a safer place for its citizens. The city is located in the “Sunni Triangle” where the Sunni minority of Iraq largely populates the city, which makes insurgent attacks a daily event.

The 2/5 Marines’ missions in Ramadi are to keep the east-west road through the town open for commerce, to keep the mayor and governor alive and to help the Iraqis hold a free election. So far, all have been accomplished. It’s not an easy mission, and the Marines and Sailors in the city feel the strain.

“When we go out in town and do our mission, not every day is a good day,” said Marine Corps Lance Cpl. Timothy Ducour. “We might take casualties and sometimes kill people, but you have to do what you have to do. It can be really mind-boggling and stress you out.”

Between their patrols and watches, the

▲ **From a distance, Ramadi** is a beautiful city, but as you get closer, you notice that the ground is littered with rubble, trash and often spent ammunition.



▼ **When chaplain Diconti leaves a base,** he is empty handed and depends completely on RP2 Morales to defend him if there is an insurgent attack.

▼ **During church services** and Bible studies weapons are a common sight. While Chaplain Diconti tries to take troop’s minds from the fighting, the weapons remind them at all times where they are.



▼ **During services, Sailors** and Marines relax for a while and try to give all their attention to worship services.



Marines and Sailors return to one of three operating bases: Camp Ramadi, Hurricane Point and Snake Pit. Depending on the day, you will find Navy Chaplain LT Marc Diconti and Religious Program Specialist 2nd Class James Morales at any one of these three bases. Their mission is to provide spiritual and relationship guidance in any way they can.

“My job here is to maintain esprit de corps and high morale so the military mission can be fulfilled,” said Diconti.

When the stresses of war touch these young men, Diconti makes sure that he is there to help.

“As I make my way around to the bases, there will always be Marines and Sailors who will pull me aside to talk, so I do a lot of counseling—not here in the office but in their living quarters,” said Diconti.

While the chaplain deals with a lot of issues directly related to the war, many of the issues important to Diconti’s troops are

ones taking place thousands of miles away.

“I was going through some real problems back home with my wife and family and was very unsure of myself,” said Ducour. “But ‘Chaps’ turned it around for me and introduced me to God. I had been baptized as a kid but had never gone to church before. Now without fail, I’m there every single time.”

Not every Marine in Ramadi goes to services, but during the time the (2/5) has been in Iraq, many have found comfort hearing the gospel’s stories told by Diconti each week. Problems at home can become much more intense for Marines, who are trained to handle things head-on. Seeing people close to them injured or killed can make the anxiety unbearable.

“On September 16, I lost my buddy out here to an improvised explosive device (IED),” said Ducour. “He was my best friend in the Marine Corps. I thought I wasn’t going to make it, that it was over for me out here.

That was about the same time I was having problems back home and got help from Chaps.”

Diconti’s mission is most difficult when Marines die in battle. It’s his job to console those who worked with the fallen Marine and perform the memorial service.

“One of the first things we were told before coming out here was that we would not return with everyone alive,” said Diconti. “I believed that if I prayed hard and we prepared enough that it might not be true. I had accepted the fact there would be wounded, but I could not convince myself there would be Marines killed in action (KIA).

“When a Marine is KIA, the memorial service is not a time when troops can grieve,” said Diconti. “So, it’s during the private, non-official memorials we have when the guys can grieve, cry and be consoled. That was where my real job is—more behind the scenes.”

*continued on page 19*

► **Lance Corporal Matt Littrell** is anointed with oil and prayed for by several friends in his effort to quit using chewing tobacco.



▲ **When Marines were told** they had to have 500 sand bags filled before hitting their racks, Diconti removed his blouse and started filling right alongside them. He uses times like this to talk to Marines and let them know they can come to him with any problems they might have.

► **After a long day,** Diconti fell asleep reading his Bible while Morales opened a new care package. When not traveling between bases, Diconti and Morales share this tiny room, with a poncho used to provide a little privacy.



◀ **With tight living quarters,** Marines learn to have a private conversation with the chaplain while only a few feet from others.

*continued from page 17*

On most days, life is routine in Ramadi. The chaplain and RP travel between the bases setting up and performing services. Travel and set-up of services falls to Morales, who is much more than a chaplain's assistant in the field.

"The chaplain-RP relationship is pretty unique. The biggest difference between here and in the rear is that the RP carries weapons," said Diconti. "He is supposed to be at my side everywhere I go outside the wire. If we take fire—and we have—it's his job to protect me."

"On days when there are many attacks and injuries, we depend on each other and trust in our Maker to get us through," said Morales.

A military chaplain is classified as a non-combatant and is not permitted to carry a weapon. Even when armed, it's difficult to walk streets where people might try to kill you, but with no weapon, Diconti's hands are noticeably empty.

"The first couple of months we were here, we saw the most action," said Morales. "Our convoys were hit several times by IEDs and small-arms fire."

The most typical way the chaplain and RP travel between bases is by convoy. Each vehicle in the convoy is heavily armored and well defended.

"Several times a week, we ride in a convoy called 'boxcar,'" Morales said. "They provide logistic support to the firm bases in Ramadi. For us, it's a way to get from one base to another to conduct services."

Due to the volatile nature of the work in Ramadi, services must be very fluid events. They can be held early in the morning or late at night. While they are typically a full Christian church service, sometimes there's only time for a quick *Bible* study. Whatever the case, these field services hold something special for the Marines and Sailors attending.

"I've heard Marines say that our services give them peace and a break so they can



▲ **During worship services** RP2 Morales leads all the songs and is at times joined by Marines or Sailors who play instruments.

◀ **Troops in Ramadi** find their own ways to give tribute to fallen friends.

get away for that hour and take their mind off what they have to do out here,” Morales said.

According to Diconti, each service is a time for the men to forget what might be happening outside the wire for a moment and let their souls be at ease. On two of the bases, services are held in the chow hall, where one side is cleared for chairs. In the field, the chaplain and RP have learned to improvise.

“Here in a combat zone, my altar might be a table with a cereal box on it, and that’s the pulpit, as well,” said Diconti. “We make due with what we have.”

For the first several months, that’s exactly what he used to preach from until a custom-made desert cami pulpit was built for him at one of the bases. Even with a pulpit and room full of singing men, some things do not quite fit with religious worship. On the

◀ **The home to many Marines** and Sailors on Hurricane Point is a guest house at one of Saddam Hussein’s destroyed palaces.

floor, slung on backs and in the hands of almost every person is a weapon. The weapons bring Diconti to his true mission.

“I’m here to keep our Marines in the fight,” he said.

According to Diconti, his biggest concern for the young men is the guilt they feel for the deaths of civilians used as human shields by insurgents.

“One of our young Marines was forced to fire on an insurgent who raised an AK-47 on him, and in killing the insurgent, the bullets continued on to hit and kill a nine-year-old girl,” Diconti said. “That is something the Marine has to deal with, and it’s my job to help him. He’ll most likely feel it more when gets home. It’s a lot to put on the

mind and soul of young men, but that’s a part of war.”

“The chaplain has definitely outdone his job description, Morales said. “Most people will get tired of talking and seeing people, but he doesn’t seem to. He just keeps going and makes himself very approachable to the Marines.”

Another aspect of the RP-chaplain team’s job is to prepare the men for their return home. They brief Marines and Sailors on how to reacclimate to civilian life. It can take quite a while for them to return to a normal life, and the military provides help for them in the form of counseling and medical attention if needed.

While his primary job is to hold services and counsel the Marines in Ramadi, it’s the extra steps he takes which endears him to his men.

“I often get out with the guys and play basketball, or throw around the football or

baseball. While we do these things, we talk. Just being personal with them helps,” said Diconti.

True to the tradition of the Chaplain Corps, Marines and Sailors can depend on Navy chaplains like Diconti to ease minds, spread the word of God and keep America’s warriors in the war. ✍

**McCoy is a photojournalist assigned to All Hands.**

#### Website Exclusive

Find more photos online at [www.news.navy.mil/media/allhands/flash/ah200507/feature\\_1/](http://www.news.navy.mil/media/allhands/flash/ah200507/feature_1/)

▼ **Diconti has become much more** than an officer to many of the young men in Iraq. To some he is a friend, and to some, a father figure.





Story and photos by JO1(SW) M.J. Darby

# CLEARING THE WATER

The divers of MDSU 1 and ROK find they share a common language and mission beneath the surface of South Korean waters

Crawling through dense trees and prickly underbrush of Camp Mu Juk (an 84-acre Marine expeditionary encampment area in Pohang, South Korea) with steel pot, flak jacket and gas mask in place and M-16 in hand, Navy Salvage Diver Machinist's Mate 2nd Class (DSW) Dan O'Brien scanned the perimeter as he circled toward the rendezvous site.

◀ **Once in the water** with his South Korean counterpart, QM2 (DV) Keith Sigler put the frigid water temperature out of mind and concentrated on the exercise of retrieving a marked object from the port's floor. Earlier, though, he had his doubts about working successfully in the cold water. "I'm not sure what happened, but apparently there was a vote I missed," said Sigler. "It was decided that we would dive in our [colder] wet suits versus [warmer] dry suits, like the Koreans are wearing. At 40 degrees [fahrenheit], I think they have the right idea."

Once O'Brien and fellow Mobile Diving and Salvage Unit (MDSU) 1 divers had surveyed the surrounding area and made their way to the rendezvous point, they discussed area security and potential hazards, established perimeter watches and broke out the tents.

What had happened to the good old days of salvage diving—back when MDSU was all about open water operations while “comfortably” embarked on ships? And what’s with all the Ranger stuff anyway? Don’t divers belong in the water, and not off camping in the remote regions of who-knows-where?

At one time, perhaps, but those days are quickly fading.

“The expeditionary mission is something MDSU 1 did way back in the very beginning,” explained MDSU 1’s Executive Officer, LCDR Jared East. “The unit was originally commissioned as Harbor Clearance Unit (HCU) 1 back in 1966. During the Vietnam Conflict, right after the unit was commissioned, they were sent to Vietnam—living

in tents and carrying weapons—to clear harbors, rivers, ports and coastal areas. “Over the years,” East continued, “through the ‘70s, ‘80s and ‘90s, most of the missions we were doing had us embarked on ships and operating in blue water. Eventually, the training and equipment evolved as well.”

However, with the new focus of today’s military, MDSU 1 has had to return to their roots to maintain operational relevancy.

In the past four or five years, the unit has reduced its equipment load and shifted from operating off ships to being transported by air, allowing for swifter movement to coastal targets.

“If we had to wait for a ship to transport us to an assignment, it would take a long time,” said East. “The mission could be compromised or over before we even arrive.”

These days, MDSU can go anywhere and everywhere—all while providing their own protection, support and communications.

*Foal Eagle* ’05, an annual combined defensive field training exercise demonstrating the U.S. and Republic of Korea (ROK)

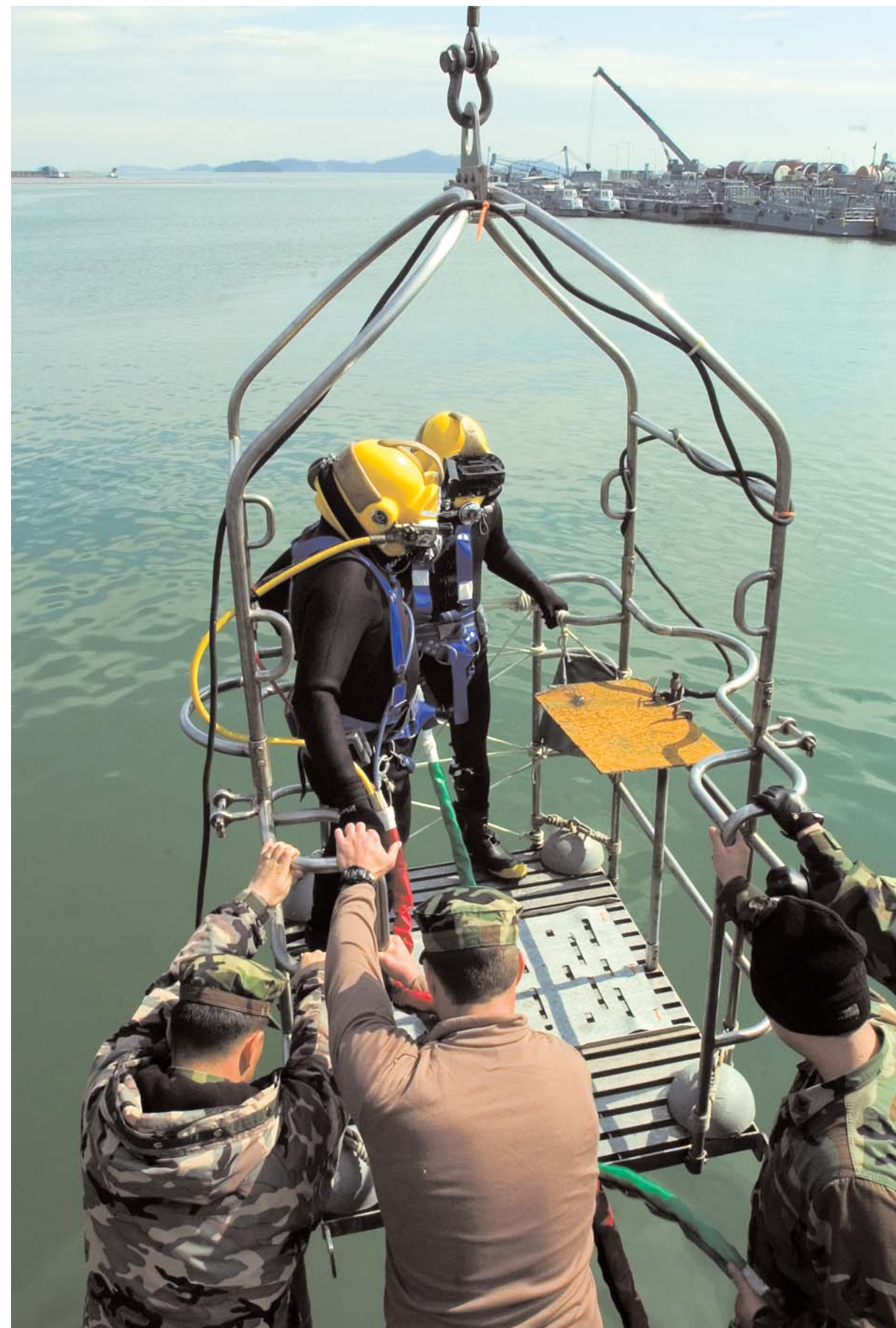
forces’ ability to defend South Korea against invading special forces, commando attacks or sabotage operations on the peninsula, provided the perfect opportunity for MDSU and ROK divers to work on their new expeditionary role.

For their part in the exercise, MDSU 1 deployed 51 people: 18 from Detachment 1 in San Diego, 33 from Detachment 3 in Pearl Harbor, and a ton of field and dive gear.

“More and more, this unit is going to be stationed near piers... and essentially land-locked,” explained Chief Construction

► **“The harbor water in Korea** isn’t that much different from that of San Diego. It might have been a little bit colder, but the visibility was about the same,” reported HM1(DSW) Michael Hamman as he gets ready to dive. “Typically, Navy divers don’t get to dive in nice places. We’re always swimming around in the mud, so we’re used to working by feel.”

▼ **LT Kwon Tae-ho translates** the opening brief from English to Korean for the ROK divers involved in Exercise *Foal Eagle*.





▲ **Most of the South Korean** dive equipment, techniques and procedures are based on those in the U. S. Navy dive community, which made training easier after the divers were in the water together.

Mechanic (SCW) Clarence Longtin. “These divers must have the skills to set up their perimeter and camp, clear the area and provide their own security.”

Further south, at MDSU’s base camp near the ROK dive school in Chinhae, Korea, things were much the same as they had been in Pohang.

As the primary camp for the exercise was established pierside, divers struggled

with tents frames, lighting, heat and, of course, the joys of watch standing.

Electrician’s Mate 2nd Class (SW/AW) Jack Cabrito of Det. 1 worked on elevating the group’s sleeping quarters off the cold, wet ground by constructing wood bases for their fabric living quarters.

“Do you see this, I’m using a hammer!” laughed Cabrito as he slammed nails through plank and plywood. “This is all new stuff for us.

Expeditionary-style field life wasn’t the only obstacle for the group to overcome, though. Icy waters, language barriers and cultural differences threatened as well.

Although the ROK divers who convoyed to Camp Mu Juk with Det. 3 set up tents as well, the South Koreans found the Americans’ bivouac habits strange.

As the South Koreans set up their own tent beside the Americans, for example, they watched silently as the MDSU divers scouted the woods with weapons and set up the perimeter watch.

“One of the officers asked me why we were searching the woods when there were guards positioned at the front gate,” said Chief Engineman (DSW/SW) Jason Deatrick. “The best explanation I could give him was, ‘practice.’

“They tend to take many of their operational cues from watching us,” Dietrich continued. “Last year for this part of the exercise the ROK divers came to Pohang, but they didn’t convoy up with us or camp in tents. This year, they did both. Next year, I wouldn’t be surprised to see them setting perimeter watches as well.”

It wasn’t until these divers got out of the woods and into the 40-something-degree water that they really began warming up to each other.

As the waves in the port slapped against the sides of the small rubber boats, the divers began to laugh and joke around with



▲▲ **The dive cage** is prepared for pierside welding and cutting training.

one another without the assistance of an interpreter. And, once the breathing regulators were in their mouths, the men realized that they not only shared a similar mission (to retrieve the marked metal item on the harbor floor), but they also spoke a common language, of a sort.

“As divers, we’re used to working underwater using hand gestures like pointing to reference things, and they do the same thing,” explained Engineman (DSW/SW) 1st Class Rich Holloway. “So, whether we’re

▲ **A communications check** of the dive helmets is conducted to ensure divers will be able to contact the surface while welding underwater.

speaking Korean or English, we seem to have a common language.”

Suddenly, the similarities between the two cultures began to overcome the differences.

That evening, back at camp after a full day of diving, Det. 1’s divers got ready for another sumptuous meal of MREs, when the Korean divers set up an outdoor cooking station and invited their new friends to join them for some Korean barbecue, or *bulgogi*.

“It was a good opportunity for us to



◀ **HT2(DV) Justin Culver** observes while STG3(DV) Jeffrey Griggs' safety equipment is checked by his Korean counterpart, Yoon Young-pil.

▶ **Both Korean and American divers** receive last minute instructions on their underwater objective prior to entering the cold harbor waters.

train together. We learned from, and about, one another today," said enlisted ROK diver Min Jun-ki, through an interpreter.

By the time Det. 3 and their counterparts left Pohang and returned to Chinhae for pierside underwater welding training and shore- and sea-based demolition exercises, a deep respect and sense of camaraderie had formed between all of the South Korean and American divers.

"Communications were a problem at times, but we worked through it," said Hospital Corpsman 1st Class (DSW/SW) Michael Hamman of Det. 1. "My ROK dive partner for the cutting exercise didn't realize that he needed a tighter neck dam seal, and his helmet started filling up with water. But he was a trooper; he just tilted his head back to keep the water out of his face and kept diving.

"It's really an interesting time to be a Navy diver, because the mission is so much more diversified today than it was just a few years back," concluded the 12-year diver and former Marine Corps medic.

As *Foal Eagle* concluded at the end of the week, the men came together for a final presentation in the briefing room of the ROK dive school.

In contrast to the awkward silence of the opening brief, when the two communities first came together; conversations, clamoring and loud laughter bubbled up from every table as the men watched photos from throughout the week featured in the brief on accomplishments and lessons learned during *Foal Eagle*.

"The underwater cutting and welding the ROK divers did with the U.S. divers helped us learn about one another's procedures and gear," said South Korean Master Diver LT Baik Oon-bong after the exit brief. "We also made great new friendships,



and I even met an old friend, as well. Petty Officer Hamman and I attended dive school together in Pensacola, Fla., 12 years ago!"

Following the brief, the two teams spent the afternoon exchanging gifts and e-mail addresses, taking photographs of one another, playing sports and eating dinner. After a few well-played games of soccer and baseball, the men lined up to shake hands with their new friends.

Even though everyone was exhausted from the week's strenuous labors and life in the field, there was a slight reluctance to call an end to the exercise and part ways until next year.

"There's one of my divers who *never* agrees with me on matters of politics or foreign policy," Chief Boatswain's Mate (DSW/SS) Joseph Howard related over dinner.

"But when I asked him how he felt about this exercise and whether or not he'd be willing to fight for these guys (ROK divers) if the need arose, he told me that he would actually be willing to give up his life in a fight if it meant the South Koreans could continue to live in a free society. To me, that's really what this exercise is all about—building relationships."

BMC(DSW/SW) Grady Morris and LCDR Jared East shared Howard's final assessment. As a diver of 10 years, Grady

enjoyed the fellowship the men developed by working together in the field.

"As a diver in the fleet, you don't build this type of camaraderie with other divers," explained Morris over his *bulgogi*. "I've just never seen this before."

"For us, *Foal Eagle* wasn't so much about training tactics with the South Koreans—we can do similar dive and salvage training from Hawaii and San Diego," East stated. It was more about getting in the water with our counterparts to build communications and friendships.

"Should anything happen for real, we wouldn't be over here trying to meet and work with one another for the first time in the worst possible situation," he concluded.

Although it is yet to be decided which detachments of MDSU 1 will be heading back to Chinhae, Korea, for *Foal Eagle* '06, it is a certainty that when they do return, the waters may still be icy, but the reception will be warm. **SS**

*Darby is a photojournalist assigned to All Hands.*

#### Website Exclusive

Find more photos online at [www.news.navy.mil/media/allhands/flash/ah200507/feature\\_2/](http://www.news.navy.mil/media/allhands/flash/ah200507/feature_2/)

▼ **DC3 Tony Doerr pins** Air Force Senior Airman Johnny Gunn during the third and final round of matches. Doerr placed second overall in Freestyle and won the silver medal.

# The Discipline

Inside The World Of A Navy Wrestler



The waitress' eyes lit up when the wrestlers walked through the door of the local Pensacola Beach restaurant. Wearing the wily grin of a used car salesman, she strolled up to the table and sardonically asked the strapping young men what they're drinking.

"Water for me," said the first wrestler.

"Me too," said the second one, "and a salad."

A salad?" she squawked incredulously.

"Yeah, and no dressing," he replied.

"But it's Spring Break," she protested.

"Yeah," said Aircrew Survival Equipmentman 2nd Class (AW) Randy Gullick, "but I've got 10 pounds to lose."

"Well one plate of wings ain't gonna – ..." she began to argue.

"By Wednesday!" Gullick interrupted.

With less than a week before weigh-ins for the 2005 Armed Forces Wrestling Championships, nobody on Gullick's All-Navy Wrestling Team was willing to trade the short-lived satisfaction of a tasty, fat-laden meal for a chance to win the U.S. Armed Forces Championship.

Story and photos by  
JO1(SCW/SS) James G. Pinsky



Welcome to the world of Navy wrestling. From the first day the Sailors reported to the Navy's annual month-long wrestling camp held in Pensacola, Fla., until the official weigh-ins for the Armed Forces Wrestling Championships held this year at the U.S. Olympic Training Center (OTC), Colorado Springs, Colo., they focused squarely on making weight.

"If you don't make weight, nothing else matters," said Rob Hermann, All-Navy wrestling coach.

Nothing. Not the two- and three-a-day practices the wrestler sweated through, nor the countless miles he ran, biked, stair-stepped or swam. All of the late-nights he devoted

to studying tapes of his opposition would have been wasted. And it wouldn't matter if he missed his weight by an ounce or a pound, because the scale does not waver in its judgments.

"The scale is the final decision," said Hermann.

Losing weight isn't easy, and the Navy knows it. That's part of the reason why Navy Sports hosts a wrestling camp in Pensacola about a month prior to the annual championships held in March. Naval Air Station Pensacola's warm winter weather and state-of-the-art physical fitness facilities make the home of naval aviation an ideal place to hold camp. It also doesn't hurt that the

▲ **PR2 Randy Gullick** has been a part of Navy wrestling for three years. Thanks to his working relationship with All Navy coach Rob Hermann, he's gained more experience than he ever would have on his own.

most decorated Navy wrestler of all time, Rob Hermann, lives little more than a hearty jog from the base.

On Sept. 16, 2004, the team's dependence on that same location ended up costing them more than a few pounds. It nearly cost them this season.

Six months before their camp began, Navy wrestling was one of the many victims dealt a savage blow by Hurricane Ivan. Parts of NAS Pensacola, including the storage

facility holding all of the wrestling team's equipment and a large portion of the facilities they used for training, were ruined.

"It was tough the first few days because we lost everything in the hurricane," Hermann said. "But ASICS [Athletic Company] and Navy Sports stepped up to replace all of the equipment we lost. I also [arranged for] our team to be able to work out at the Northeast YMCA here in Pensacola."

While Coach Hermann was busy making sure the wrestlers had a place to practice, the Sailors were making sure they had what it took to make it there. And their first step wasn't toward the mat, but to their chain of command.

The team knows their loyalty lies first with being a Sailor. And any privileges they get are earned by being everything the Navy asked them to be on the ship – and more.

"Don't bother trying out for the wrestling team if you haven't established a good work ethic at your command," said Aviation Structural Mechanic 3rd Class (DV) Alejandro Delapena, "because it takes the same amount of dedication to be a good wrestler as it does to be a good Sailor. If you can't handle one, you can't handle the other."

"I didn't have to say much [to my chain of command] because I always do my job for the Navy first," bragged Gullick. "Because of my reputation, it was a very easy negotiation to get to come here."

"Some advice I'd give to anyone trying to come to camp," he continued, "is to always stay ahead on your qualifications, and when you can't come because of a deployment, don't make a big deal out of it. You're in the Navy to be a Sailor, not a wrestler. When I showed the ship where my priorities were when I couldn't wrestle, it helped me get here later, when they could support letting me go."

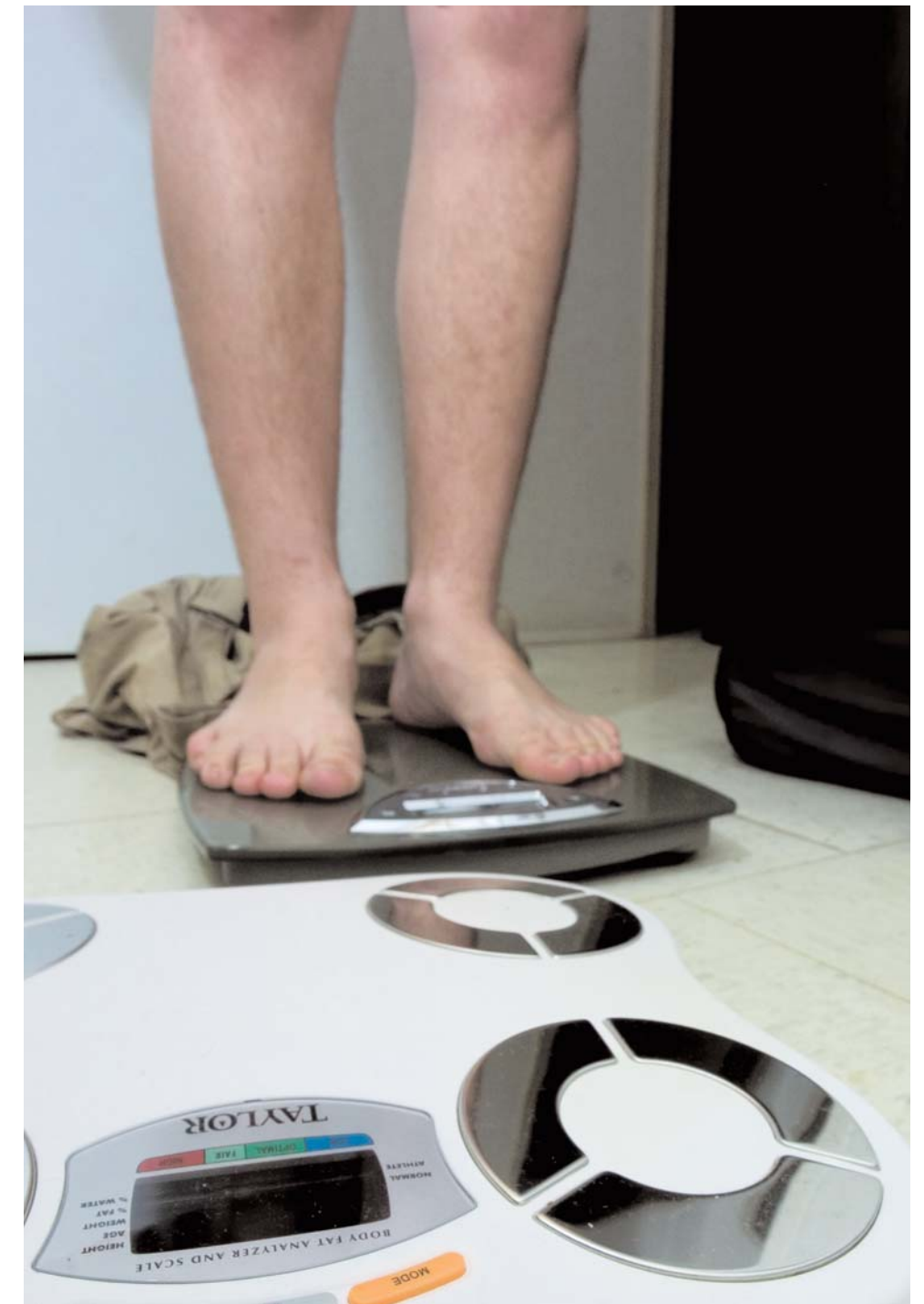
► **"Cutting weight"** is a term known throughout the sport and occupies a majority of any wrestler's time prior to a match. When wrestlers select their weight class, it's usually 10 pounds under their off-season weight because of the intense training and subsequent weight loss they endure.

According to the wrestlers, Navy Sports doesn't just benefit its athletes, it also contributes to the entire fleet's esprit de corps.

"The Navy needs sports because it's good for morale," Delapena declared. "People on the boat want to see fellow Sailors succeed at anything, and sports is something most all of us relate to. Plus," he added, "since we're representing the ship, there's added pressure for us to do well, because if you

bomb out, then you're not only embarrassing yourself but your shipmates too. That's a big burden to carry if you don't give 100 percent of yourself while you're here."

While it might be easy to understand the positive impact an athlete might have on his crew's morale if he wins a gold medal in the Olympics, some might question the value of the support if he comes home empty-handed.



“... it takes the same amount of dedication to be a good wrestler as it does to be a good Sailor. If you can’t handle one, you can’t handle the other.”

AM3(DV) Alejandro Delapena  
All-Navy wrestler

The wrestlers disagree.  
“It’s not a waste of the Navy’s time to send their Sailors here if they don’t win,” said LT Josh Feldman, Training Squadron 4, the wrestling team’s senior member.

“Wrestling puts a great face on the Navy and shows everyone we’re more than haze gray and underway. The self-discipline it takes to keep and maintain your weight alone is something that spills over into

other aspects of a Sailor’s life.”  
And while all of the wrestlers know they’re Sailors, they also know that not all Sailors are wrestlers. They pride themselves on being unique, even among other athletes, especially when it comes to their level of focus and intensity.  
“Wrestling is different than other sports,” said Gullick, “because you have to be a fighter, literally. When you’re playing basketball, you aren’t going out there to hit someone or take him down. You have to be smooth.

When you’re on the mat, its chaos. It really is like being a gladiator.”  
The warrior mentality and combative spirit of the sport forces wrestlers to accept that their fate lies in their own hands, whether it’s on the mat or on the ship.  
“I like the fact that I’m out there by myself,” proclaimed Gullick. “It’s a team sport, yes,” he added, “but it’s an individual sport within the team. In football you can always say, ‘so-and-so didn’t do this’ or ‘so-and-so didn’t do that, as to why you lost.

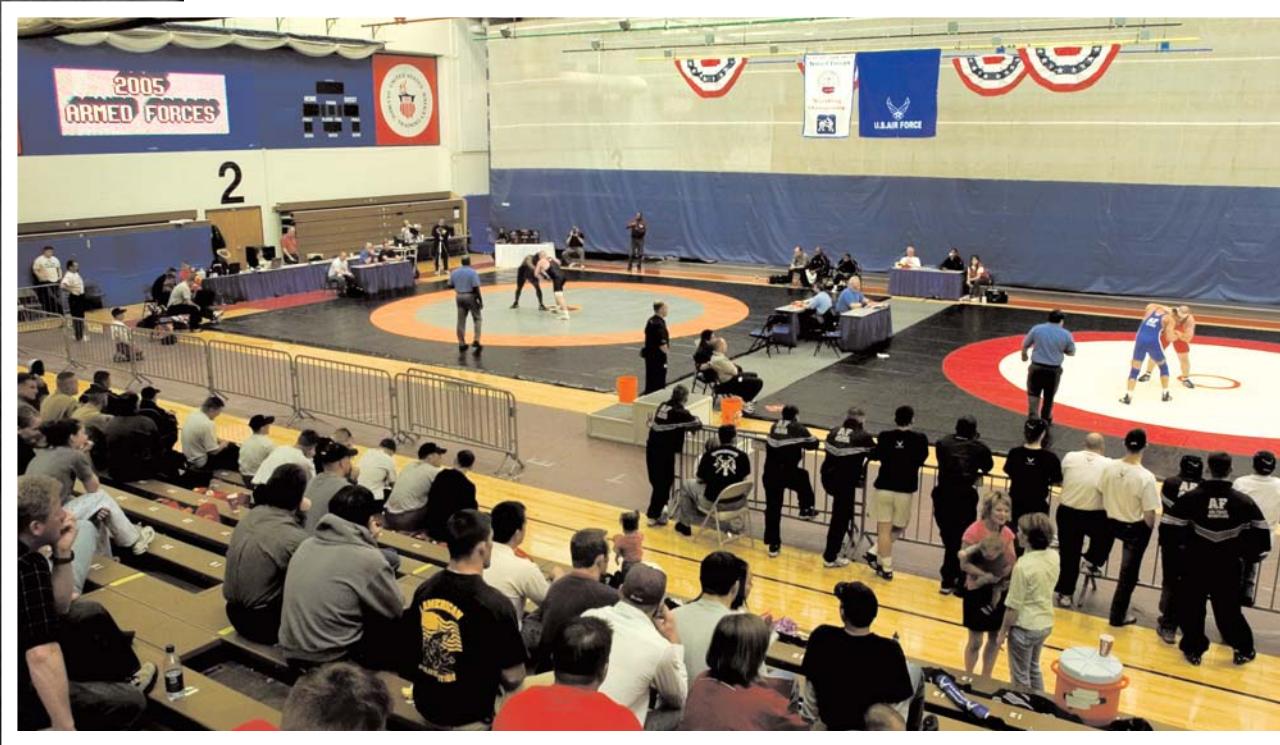
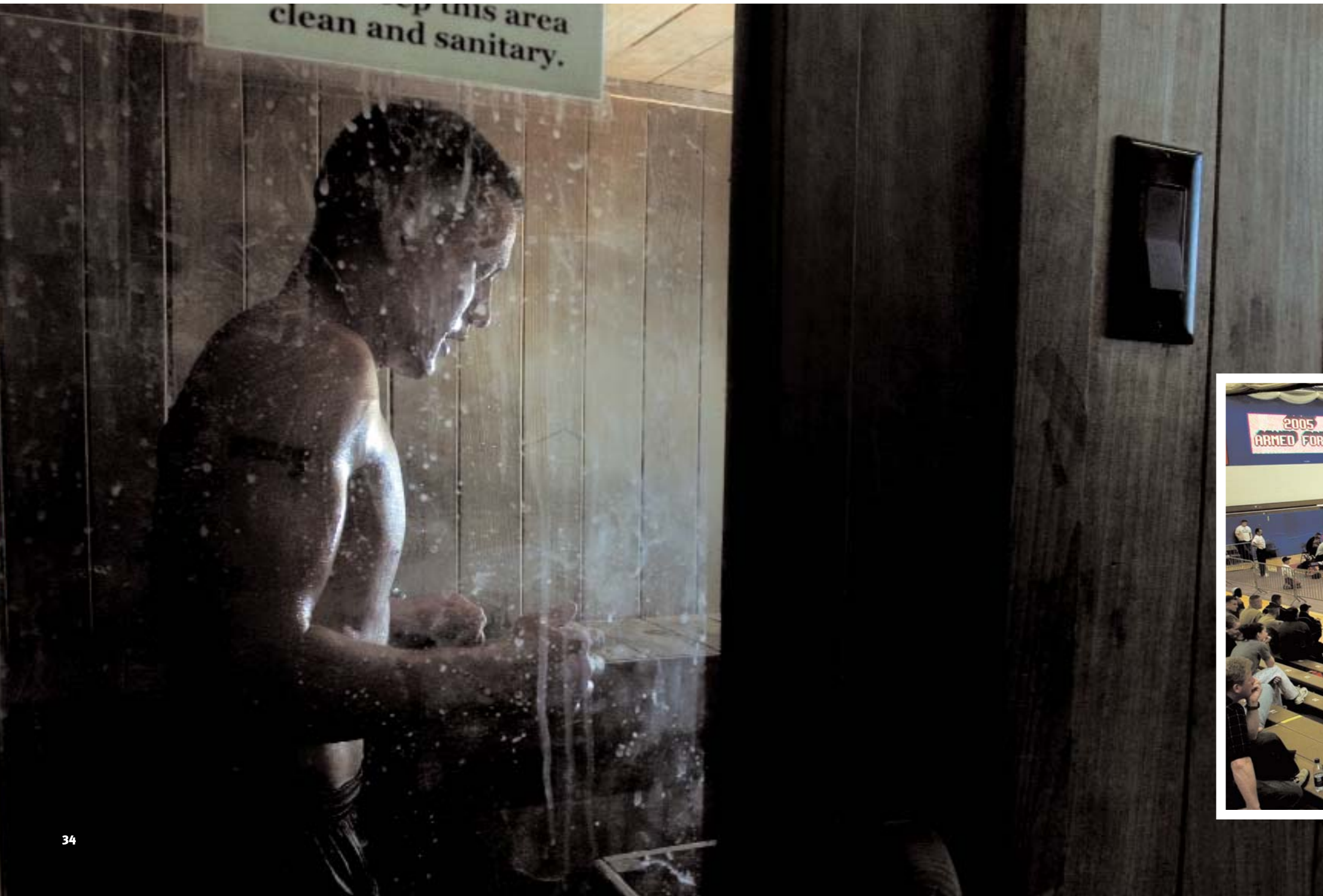
But in wrestling,” cautioned Gullick, “it’s always your fault, period. That kind of responsibility has spilled over to my life as a Sailor because I know I’m always ultimately responsible for my actions just like I am on the mat.”  
And on the mat is exactly where the All-Navy wrestling team found itself once the championships began in Colorado Springs, because every Sailor made weight—much to the relief of Coach Hermann.  
“Weigh-ins are the toughest days for

◀ **AM3(DV) Alejandro Delapena** cuts weight by spending hours in the gym on a daily basis. The wrestlers’ intense workout schedule keeps their body fat and overall body weight at a minimum with athletes finally wrestling an opponent at 10 or even 20 pounds less than what the athlete weighed just a month ago.

▼ **The athletic facilities** at the U.S. Olympic Training Center in Colorado Springs, Colo., catered to the military athletes annual wrestling tournament thanks to a long-standing tradition of U.S. Olympic Committee and U.S. military cooperation. “The military and the USOC have had a working relationship for quite a while,” said USOC Director Mike English. “In Europe specifically, the military has been very helpful to us in housing and moving our bobsleds, so when we get a chance to help them, we’re pleased to do it.”



▲ **Wrestling is an intense sport** that wears its competitors out and often sees injuries like this one to All Navy team captain, LT Josh Feldman, who suffered a tear to his right ear during the second day of wrestling. USOC medical personnel wrapped the Navy pilot’s ear so he could continue to wrestle. Feldman placed second and earned a silver medal in the Freestyle 120 kg (264 lb.) weight class.



▼ **AW3(AW) Leon Rodriguez** earned the right to go head to head with the military's best wrestlers thanks not only to his athletic ability, but to his professionalism as a Sailor. "There's no doubt in my mind that being a good Sailor helped me get here," said the rescue swimmer. "Whatever you do, don't go dink on quals. It will kill you for any special program."



coaches; they're absolute," Hermann reflected. As grueling as making weight was for the team, the drama was forgotten once they stepped on the mat. Now standing in front of each and every wrestler wasn't a lifeless scale, but a fellow service member

hell-bent on convincing the referees he was the superior modern-day gladiator.

Unfortunately for the Navy, the competition wasn't judged on heart alone.

As substantial as a monthlong training camp may sound to Sailors, it pales in comparison to some of the other services', like the Army, who sponsors the World Class Athlete Program (WCAP), which allows qualified soldier-athletes the opportunity to train almost exclusively on their sport discipline.

That extra training makes a difference on the mat.

"We're swimming upstream versus some of the other services," Hermann admitted.

Hermann knows a thing or two about winning as a Sailor. As an eleven-time U.S. Armed Forces wrestling champion, he won representing the Navy as a master-at-arms. Hermann joined the Navy right out of high school and has been involved with Navy Sports since 1978, the first year Navy Sports had a wrestling camp.

"The Navy has been real good to me," Hermann said. "Without the Navy, I wouldn't be where I am today. My career was great (Hermann retired as an MA1) and the Navy supported me every step of the way. I was a three-time Olympic alternate thanks to Navy support."

While not the athletic juggernaut of the Army's WCAP, Navy Sports does make a difference.

"We do our best to help deserving athletes achieve their goals," said John Hickok, Navy Sports director. "We're the least funded of all the services, so it takes a lot of personal dedication. Like Coach Hermann says, Navy Sports athletes have to train year-round despite being deployed, if they want to improve. Our triathletes do it and so do our runners, so it can be done."

Hermann isn't the Navy's only Olympian. In 1988, 1996 and as recently as 2000, with Aviation Boatswain's Mate 1st Class Steve Mays (see All Hands, August 2000), Sailors reached the pinnacle of wrestling under the very same rules and conditions Navy wrestlers endure today.

"Mays made the Olympic team his third year with us," Hermann said, "and he was



back on his ship two months after his first time with us. Making the Olympic teams tells Navy Sports that what we're doing with the wrestlers works."

Hermann's own testimony dismisses any excuses present and future wrestlers might have.

"When I was on a ship," he said, "and that brow hit the pier, I didn't hit the bars. I knew what it took to win. I was in the gym, on the mat and training."

Hermann's advice is like gospel to his wrestlers because seeing is believing, after all.

"He teaches you to visualize the things you're doing," said Gullick. "I learned to take notes during practice like I was in college. I learned to study wrestling, and it became a way of life."

Damage Controlman 3rd Class Tony Doerr, the 2005 U.S. Armed Forces Freestyle Silver Medalist, agreed.

"Rob's got a thousand moves, and he is good at all of them. He's a great guy to work out with because he breaks you down and

▲ **Marine Wrestler** Lance Cpl. Wesley Hartman got the better of Navy Wrestler Petty Officer 3rd Class Tracy Garrett by pinning him during the second round of the Greco Roman portion of the tournament.

builds you back up."

Still, Hermann can't wrestle for his Sailors, and the lack of experience slowly caught up with the Sailors during the two days of Greco-Roman and Freestyle matches. The Navy team finished last both days despite two silver medal finishers, Doerr and Feldman.

"I lost focus for one second during one of my matches," said Doerr, "and it cost me a gold medal. But I did a lot better than last year, and I'm getting better every year."

The team left with hope for better results next year because they knew they still had potential to tap into. Coach Hermann made sure they left the U.S. Olympic Training Center with the proper motivation to win



▲ **DC3 Tony Doerr** earned this shiner from a Greco-Roman match on the first day of wrestling. Despite the black eye, Doerr was a success story for the Navy team, placing second and earning a silver medal in Freestyle in day two of competition.

a medal next year – fear.

"You better stay on your toes," he barked. "Because I'm constantly looking for people to replace you, to beat you, because that's what the Navy deserves. So you better not let up."

Sounds like there's going to be a lot more unhappy waitresses around some Navy bases this year. ☞

*Pinsky is a photojournalist assigned to All Hands.*

#### Website Exclusive

Find more photos online at [www.news.navy.mil/media/allhands/flash/ah200507/feature\\_3/](http://www.news.navy.mil/media/allhands/flash/ah200507/feature_3/)

# Focus on Service

Modern technology has seemingly created a new electronic world without borders. As in the old movie “Casablanca,” to protect vital information, the Navy must “round up the usual suspects.” But, when it comes to computer networks, the Navy Computer Incident Response Teams’ (NAVCIRT) suspects are anything but usual.

Looking for the odd or unusual is Cryptologic Technician (Networks) 3rd Class Christian Gerling’s specialty. As an Intrusion Detection System Operator and part of a 24-hour rotating watch, Gerling monitors Internet traffic patterns for recurring events or malicious attacks. These could ultimately allow a hacker access to a Navy command’s computer system and compromise sensitive information.

Yet, this is far more challenging than it may seem. The patterns he looks for have a green glow and might resemble someone’s algebra homework. The toughest part, according to Gerling, is that there are different attacks every day.

“Technology is getting easier for the everyday user. In the last 20 years, it has advanced a lot,” he said.

“There is network connectivity everywhere for virtually everything through a power grid. If a person gets into the right network they could shut down a whole command, or even an entire city.”

Gerling explained that while many people are conducting their every day business through the use of the network, he and the other NAVCIRT Sailors stand a vigilant watch.

“If a missile takes out a ship, it’s that one ship that’s physically affected,” he said. “But, if a hacker takes out a network, there’s no telling how much damage there could be. It’s almost as if we are in a constant state of General Quarters.”

The world is a big place, and Gerling believes the network is even bigger.

“I know that even now, somewhere, somebody is trying to compromise a Navy computer. But I am part of a team of cyber warriors. I look for what is suspicious, and together we work to fend off any malicious attack out there. Our sole purpose is to uphold the integrity of the Navy’s networks and guard its information.”

*Zingalie is a journalist assigned to the public affairs office, Naval Network Warfare Command, Norfolk.*

## The Not So Usual Suspects

Story by JO2(SW/AW) Jennifer M. Zingalie,  
photo by PH1(AW) Shane T. McCoy

# I’m a Celebrity? Get Out of Here!

Story by JO1 Charles L. Ludwig, photo by PH1(AW) Shane T. McCoy

The Navy has a problem. And likewise, so do *you*. Apparently, everyone who reads this magazine every month thinks of me as some kind of celebrity! It’s true—and it happens everywhere I go on assignment.

It goes like this: I introduce myself to the first person I see who asks, ‘Who’s the new guy?’ Next thing I know, I have dozens of people starting to come up to me to heap on the kind of praise and accolades you would expect when Brad Pitt walks into a room full of giggly high-school girls. (By the way, please stop. My head is big enough already. Any additional adoration and reverence will have me sporting a size 14-and-a-half Dixie cup. Ever try to find those in the exchange?)

Exaggeration, you may say. You think I am doing this for effect. But consider this, my friends: I am writing this just after spending close to an hour fielding autograph requests aboard a ship. These folks are even writing a story (with an accompanying photo of me working) to run in their ship’s newsletter.

I added it all up, and there is only one reason I think this is happening. I know now that I am some sort of royalty, King Ludwig the essayist!! It’s all making sense now, the autographs, the people following me around, making sure to look directly at me and smile in every supposed candid photo I attempt to shoot. It’s a predicament I am sure Mr. Pitt knows well.

Not that I am complaining. It really is a lot of fun, but there’s one major problem.

I’m NOT Brad Pitt! This may be hard to believe, but I’m not a world-famous actor. There are no hit movies in my future, that’s for sure. And the World’s Sexiest Man? If only my wife thought so!



I’d be lucky to be named the best-looking man in a lineup of seven one-legged boll weevils.

The good thing is, I have come to grips with my stunningly-strange looks. And it’s time that all of you come to grips with something, too.

*You* are the Brad Pitts and the Julia Robertses, too. You may not make the same money, nor garner the same fame and attention, but to those of us who depend on you for what you do in the fleet, you are the stars.

As a journalist who has been stationed on a ship as a machinist’s mate [USS *Nassau* (LHA 4) – 1998-2001], I know every job in the Navy has a huge purpose.

Thing is, like many of you out there in the fleet, I didn’t realize it at the time. While I was on *Nassau*, I worked side-by-side with people who were responsible for getting a ship, an American representative abroad, underway and keeping it running.

Those Sailors, along with all their counterparts throughout the fleet, are the real superstars in America.

Unfortunately, many people in our country see things a little differently. To them, it’s the actors, musicians, professional athletes and politicians who play the lead roles. They’d rather spend a dinner with Matt Damon or Don Cheadle than take a little time to learn a bit about the lives of the service members who work so hard to defend our way of life.

But I can’t blame them. We all have that in us. Everyone has his or her personal Brad Pitt, Sammy Sosa, Julia Roberts or 50 Cent, that star to whom we pay a little too much homage.

Maybe it’s time we all change our way of thinking.

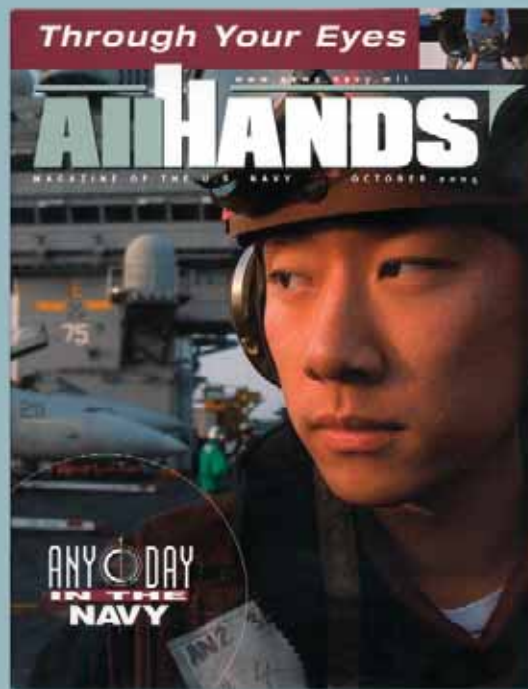
But until then, you can send autograph requests to...

*Ludwig is a photojournalist assigned to All Hands.*



You might think it’s a deal  
He’ll tell you it’s a steal  
Get Real!

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The July 15th deadline has arrived for  
the 12th annual issue of

# Any Day in the Navy

*All Hands'* photo editors are looking for the year's top  
photos for the October "Any Day in the Navy" issue.  
Deadline for submission is July 15, 2005. After reading  
the on-line instructions, send your best shots taken  
between July 1, 2004, and July 1, 2005,  
to: [anyday@mediacen.navy.mil](mailto:anyday@mediacen.navy.mil).

For instructions on submissions:  
[www.mediacen.navy.mil/still/anyday.htm](http://www.mediacen.navy.mil/still/anyday.htm)

